


<p>Issue 57</p> <p>Feb - March 2005</p> <p>Special Points of interest in this issue</p>	<div data-bbox="657 174 1286 315" style="border: 1px solid black; width: 394px; height: 63px; margin-bottom: 10px;">  </div> <h2 style="text-align: center;">Carers Newsletter</h2>
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Mental Health Services Carers Meeting.

Lancashire College Courses.

Carers Activities.

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call, ensures that the cared for person is contacted but we wonder whether a 'pre prepared emergency plan' requires something more e.g. alternative provision for care. We would welcome carers views on this. To join Carers UK and support this vital work for carers costs £10 per year. Find out more about the benefits of membership at www.carersuk.org.uk/Getinvolved/Joinus

Holiday for Carers at Pontins Holiday Centre Blackpool.

We have a few places for carers for the popular annual holiday at the Pontins Holiday Centre Blackpool from 13th June to 17th June. The holiday starts at 2pm on Monday 13th June and ends after breakfast on Friday 17th June. We will make the places available to carers and young carers from Preston who may if they wish take the cared for person with them. The holiday arranged by Princess Royal Trust for Carers and Norwich Union includes accommodation , meals and entertainment. The aim is to offer the holidays to people who won't be having another holiday this year. If you would like to be considered for the Pontins holiday please see Peter at the Carers centre or telephone 01772 200173.

New Carers Centre for Preston.

We mentioned in the last newsletter that a project co-ordinator would be starting on 4th January 2005. Ben Blackman is now in post and is keen to know carers views on a Carers centre for Preston. Ben has already met the Preston Asian Carers Forum and was given a wide range of opinions on the type of centre and the contrary arguments of easy access by public transport and availability of car parking/dropping off points.

Buddying for Carers.

Several carers have mentioned how nice it is to see and chat to other carers at meetings and at the various events and activities but what happens in between? Wouldn't it be nice to have someone with similar views and problems to chat to. Some areas and organisations have buddying or befriending schemes which encourage carers to make friends with each other. This may involve chatting on the telephone, meeting informally etc and may be particularly useful for carers who are isolated and cannot attend meetings, carers day, or courses. There are several ways we can encourage buddying:

1) have a register of carers who are interested in making new friends who we can put in contact with other carers either with or without an introductory meeting.

2) We could have a regular meeting time for socialising in various places and we can swop names formally or informally

3) We could link into other organisations who have befriending/buddying schemes.

These are just a few ideas but we are interested in hearing what carers would like to see, what would be helpful for you. Some carers have already told us that they have put in place their own informal buddying scheme with carers they have met at the various events. To start things moving we are going to have a Buddying morning on Wednesday 9th March 2005 between 10-1.00p.m. at the Carers Information Centre (in the CVS offices) Princes Building 50-52 Lancaster Rd Preston PR1 1DD. Call in and have a coffee and a snack. Have a look round the centre, meet other carers and let us know what you think about Buddying. If you cannot call in on the 9th March write to us or telephone Peter on 200173 to let us know what you would like from Buddying.

Carers Week 2005 13th June to 19th June

The theme for Carers Week 2005 is work, rest and play. This follows from the 2004 Carers(Equal Opportunities) Act due to be implemented in April 2005 which should give carers the opportunity to lead a more fulfilling life, by ensuring that carers receive information about their rights. It also ensures that carers assessments consider leisure, training and work opportunities and gives Local Authorities stronger powers to support carers. Carers week will highlight the needs of carers, carers rights, the contribution that carers make to the community and the support and services available to carers. In Carers Week 2005 we intend to have a Carers Day at Alston Hall on Monday 13th June with activities including Gardening and Family History. Full details later.

Free Cinema Tickets for Carers.

A new national scheme aimed at Disabled People entitles the holder to one free ticket for a person accompanying them to the cinema. The card applies to almost every UK cinema. To apply for a card a person must be in receipt of Disability Living Allowance, or be a registered blind person or have a disabled person's rail card. The card is valid for 3 years and costs £5. Applicants must enclose a passport sized photograph and a copy of the proof document. To apply for a card telephone 0151 348 8020 or visit the web site www.ceacard.co.uk or ring Peter on 200173 for a copy of the application form.

Mencap Community Area Web Site.

In a couple of weeks Mencap are launching a community area on their website www.mencap.org.uk It is for users of the website or the Email newsletter who would like to talk to each other. It is also a place where parents

and carers can come and talk and support each other. What would we want discussing ? Issues that come to mind are Disabled Facilities Grant, lack of services for 15-18 year olds with mental health problems/learning disability issues , closure of Resource Centres and lack of employment and training opportunities for people with learning disabilities. If anyone without Internet access has an issue they would like raising on the community area of the web site ring Peter on 200173. Finally a reminder of the Learning Disability Helpline 0808 808 1111 for information on housing, jobs, benefits and local services for people with a disability and their carers.

Lancashire Asian Carers Forum.

The Lancashire Asian Carers Forum (LACF) meets quarterly at various locations around Lancashire. Local members of the working group for the LACF are Yakub Gangat and Jaya Patel. The next meeting of the Lancashire Asian Carers Forum will be in Accrington on Monday 7th February 2005 when the main topic will be the Disabled Facilities Grant. The following meeting will be in Preston in May or June 2005. For further details about the meetings or about transport to the meetings contact Peter on 01772 200173.

Preston Asian Carers Forum.

The Forum meets on the first Tuesday of the month at the Ribblebank Resource Centre, Gerrard Street, Preston, between 1 - 2.30p.m. Topics for future meetings are 1st February 2005 Carers Allowance, 1st March Lancashire Care NHS Trust. 5th April Maa Aur Bacha Group.

Lancashire Carers Forum.

Lancashire Carers Forum (LCF) is a

meeting whereby carers from all areas of Lancashire can discuss their problems and raise issues with members of the Social Services, representatives of Health Trusts (Primary & Acute) and elected members. Experts are invited to answer questions on issues of importance to carers. Meetings, which are held at the East Cliff Offices, Preston, last from 11.00a.m. - 2.00p.m. Including a buffet lunch To help carers meet other carers coffee is available from 10.15 a.m. and after the meeting. Two voting carers from each area are allowed but additional non-voting carers can attend. The next meeting of the Forum is on Wednesday 6th April 2005 when the guest speaker is Richard Jones Director of Lancashire Social Services Directorate. Please note that the very popular annual conference will be held at the Woodlands Chorley on Tuesday 13th September 2005. If you wish to attend a Lancs Carers Forum meeting/conference please contact Peter on 200173 or call into the Carers Information Centre.

Preston Carers Support Group.

The Preston Carers Support Group meets at the Moor Lane Resource Centre Moor Lane Preston at 7.00p.m. on the last Tuesday of every month. For a change on the 22nd February we will visit the Megabowl for bowling and socialising. On 29th March we will be back at Moor lane for a presentation on the key topic of Direct Payments. On 26th April we are hoping for a return visit by the very popular Community Nutrition Group.

Central Lancs Mental Health Services Carers Meeting.

Carers are wanted to attend the monthly meetings for all carers of service users of the health services, adult or older adult in Preston. The meetings are usually held

during the day but the next one is on Tuesday 22nd February 2005 at 7.00p.m. at the Day Hospital ,Ribbleton Hospital, Miller Rd,Ribbleton Preston.

Unfortunately this meeting clashes with the monthly meetings of the Carers Support Group and The Making Space Support Group. If you are interested in attending please contact Peter on 200173.

LANCASHIRE COLLEGE COURSES

Lancashire College are running a 48-hour residential taking care of the carers 'recharge for mind & body' at Lancashire College Southport Rd Chorley on the following dates:

8th -10th March 2005 Making Space Course-canal art, digital photography, aromatherapy

8th -10th April 2005 Gardening, Make a Garden Lantern, Visits, Question Time

17th -19th June Details Later 8th-10th July Details Later 2nd -4th September Details Later.

For those caring for 20 hours or more the cost is £25. For enrolment forms and/or further information contact: Donna Galway or Lorraine Richardson at Lancashire College, Southport Road Chorley Lancashire PR7 1NB Tel 01257 516325 or 01257 516303.

Carers Activities.

Some carers were disappointed to learn that we were unable to confirm the proposed activities for January 2005. Many carers are aware that since December 2003 there has been no Carers Project Worker at Adult and Continuing Education Service (ACES) Central Zone which has meant additional work

checking out centres, liaising with tutors and waiting for long periods for responses from the ACES development worker. We have complained about the poor service for carers and just hope that there is some improvement in the near future. We can confirm: Watercolours starting on Thursday March 31st 10am - 12noon at the Plungington Centre Brook St Preston for 6 weeks. A Carers Day on Monday 14th March at the Harris Conference Centre Garstang Rd Preston doing a choice of two activities from Tai Chi, Mosaic Tiling and Heraldry. A Carers Day on Monday 13th June (in Carers Week 2005) doing Gardening and Family History. We have still to confirm a 5 week course on Indian Head Massage & Reiki and a 5 week IT course When details are finalised we will send out flyers for the various events.

Preston Carers Web Site - Thank you for using the service.

We announced in the August September newsletter that the A-Z Directory of Carers Services in Preston was available on the revamped website. This also includes the latest information on support group activities and the latest newsletters. Guests can now sign in and pass comments on the web site. The site has proved very successful and we are now approaching 650 'hits' The website address is www.prestoncarers.org.uk